

YOUR Optimise Naturally Program

Includes Your *Personal*

- 9 Key Optimisation Areas
- 6 Step Optimisation Program
- Self-Check Questionnaires
 - Foods to Increase
 - Foods to Avoid

Program for:

Sample Sample

Cheltenham, England

05/01/2016

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THE OPTIMISE NATURALLY PLAN

AN INTRODUCTION FROM MEDICAL PROFESSIONALS

'**Optimise Naturally**' is a simple, enjoyable and proven system of aligning your environment to optimise your physical, mental and emotional capabilities.

Your environment controls up to 98% of the way in which many of your genes express themselves. This means the way in which they act physically and control virtually all aspects of your life.

Currently, you and almost everyone else on the planet, are operating at a sub-optimal level due to the effects of the environment. Processed foods, low nutrient intake, toxins and chemicals, electromagnetic fields and extremely low frequency influences are responsible for a breakdown in the body's normal day to day functions.

These functions are driven by two basic processes which are crucial to the way in which your physical body expresses. Firstly, the quality of new cells your body creates to repair itself and secondly, the nervous system and enzyme processes which are responsible for all bodily processes.

As the environment controls gene expression it is the most crucial aspect of producing optimised cells, which in turn produce optimised tissues, which in turn produce optimised organs and finally systems and the entire organism – or optimised you!

Your enzyme processes are entirely reliant on a constant supply of vitamins, minerals and amino acids for them to operate. Your nervous system is strongly affected by toxins, additives and EMF/ELF.

To optimise yourself you need to ensure that these processes are working at their optimised levels. Anything less the optimum and you feel the effects in a loss of function, which can be reflected in low energy, poor sleep, weak immune, poor concentration, irritability, general aches and pain, slow recovery, susceptibility to injury and more. If left in a sub-optimal state for too long then this can eventually lead to chronic health issues.

The '**Optimise naturally**' program is designed to help identify many of the common environmental influences that could be leading to a less-than-optimum output of your genes and enzymes. Also, to provide you with a 90-Day Plan for dealing with these issues and optimising yourself through dietary and nutritional programs.

Optimisation is an awakening process, whereby you become aware of the effects of your environment on your body, you feel the positive choices that you make and you become responsible for your own destiny.

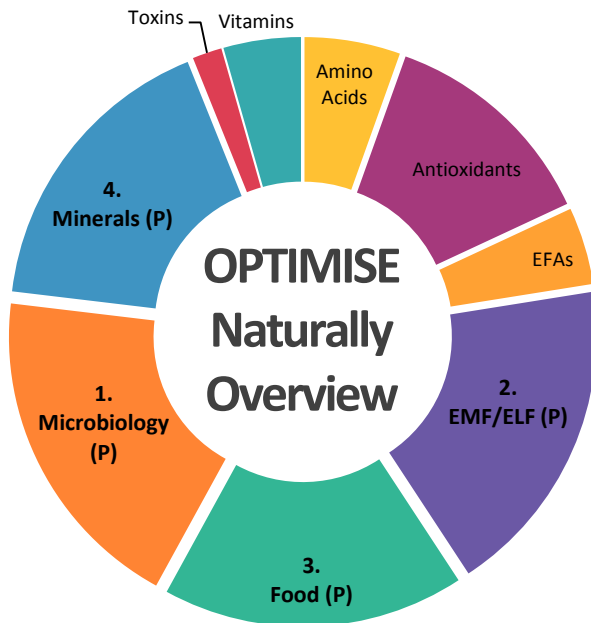


Dr Marcus Stanton



Dr Alfons Meyer

KEY OPTIMISATION OVERVIEW



Foods to Avoid Summary

Loganberry	Apricot
Lentils	Parsnip
Coffee	Sunflower
Elderberry	Sheep Milk
Globe Artichoke	Peach

For full food avoid indicators see table on page 12.

Additives to Avoid Summary

E 100 Curcumin	E 407 a Eucheuma algae, treated
E 104 Quinoline yellow	E 140 Chlorophylls and chlorophyllins
E 154 Brown FK	E 171 Titanium dioxide
E 200 Sorbic acid	E 219 Sodium methyl-para-hydroxybenzoate (PHB-Ester)
E 402 Potassium alginate, Alginate	E 1200 Polydextrose

For further information on food additives see page 13.

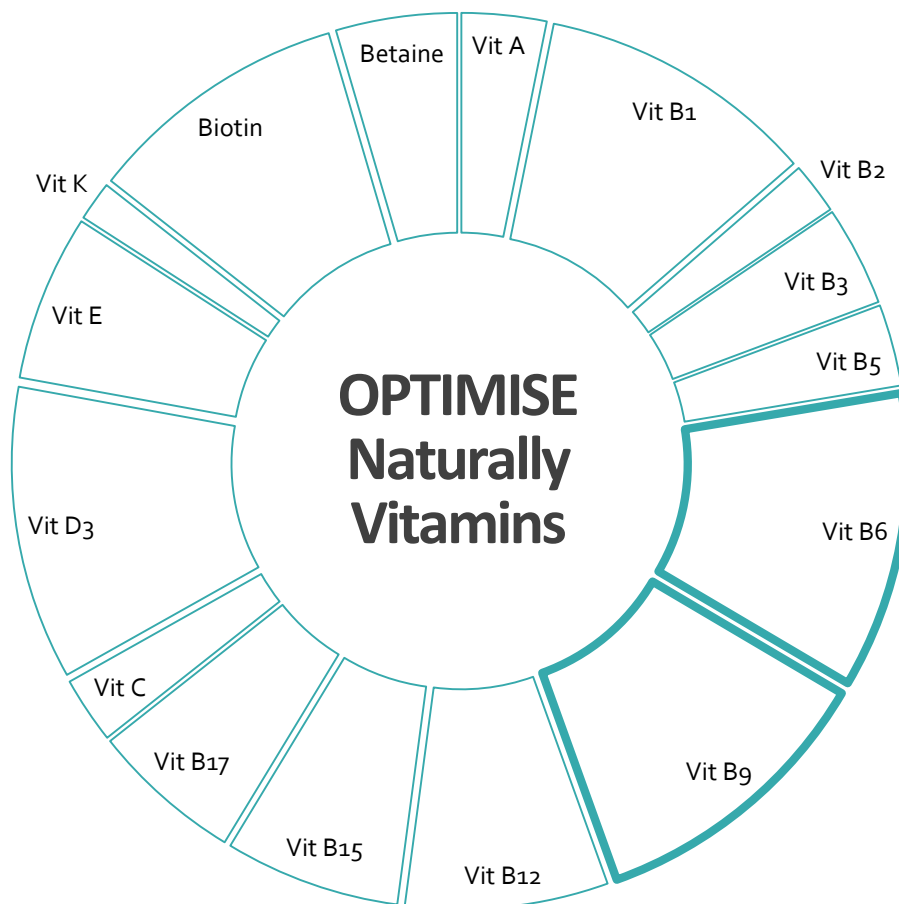
Category	Indicator	Information
Microbiology	Moulds/Spores	For full results see the chart on page 10. For food sources refer to page 15.
EMF/ELF	Extremely Low Frequency, TV Screen, Mobile GSM 1.8 GHz, Esmog	For full results see the chart on page 11. For food sources refer to page 15.
Food	Please refer to the list in your foods table on page 12 and your food additives table on page 13.	For full results see the chart on page 12.
Minerals	Lithium, Copper, Sulfur, Chromium	For full results see the chart on page 5. For food sources refer to page 15.
Category	Indicator	Information

The Key Indicators Chart

The larger the segment in the chart the higher the signature wave resonance intensity, which means the item is more of a Priority for you to address. Lesser items are marked Advisory or Consider and no indication means low relevance. These are indicators of underlying issues, which you should consider addressing using the suggested nutrient and food intake programs.

VITAMINS INDICATORS

Consider - Increased Intake



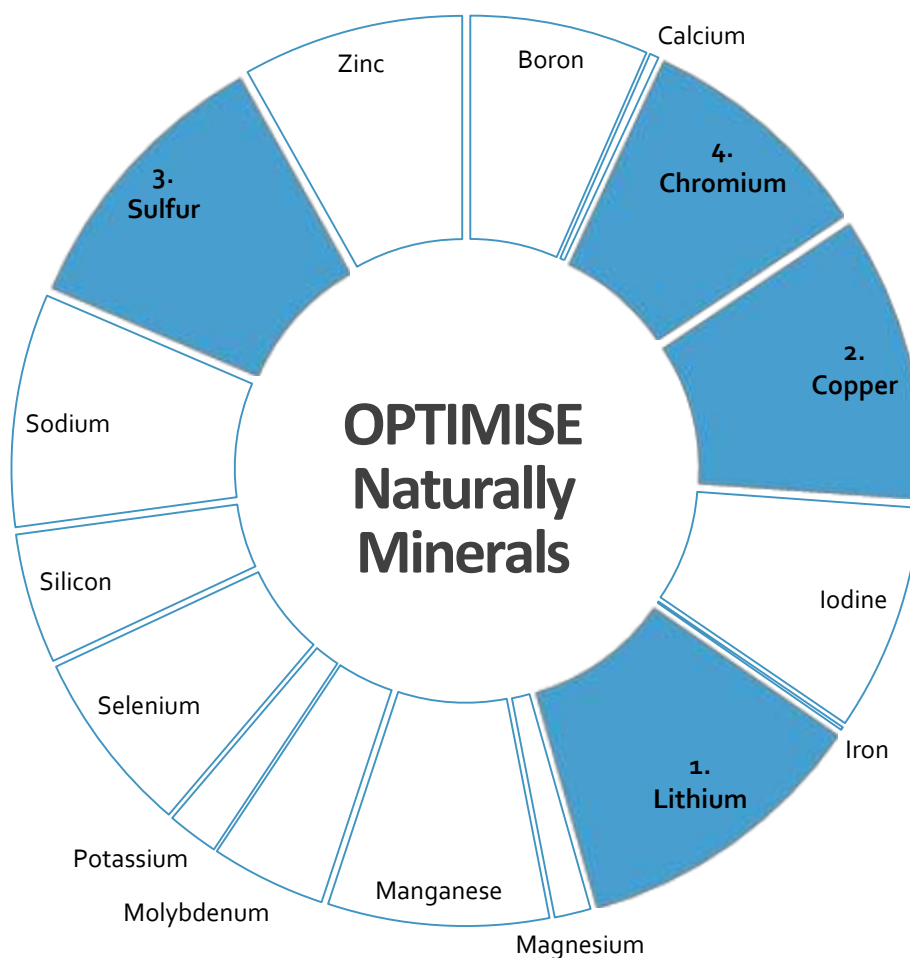
Category Indicator Chart

The above chart provides you with an overview of the Vitamins indicators, which are specific to you. If this category is marked with a (Priority, Advisory or consider) then these are items which you might wish to address through your dietary and nutritional regime.

An indication in the overview chart of any underlying issues and/or the matching of any symptoms on this page are not a physical diagnosis of deficiency or associated illness. Always seek professional health advice when making nutritional and dietary changes.

MINERALS INDICATORS

Priority - Increased Intake



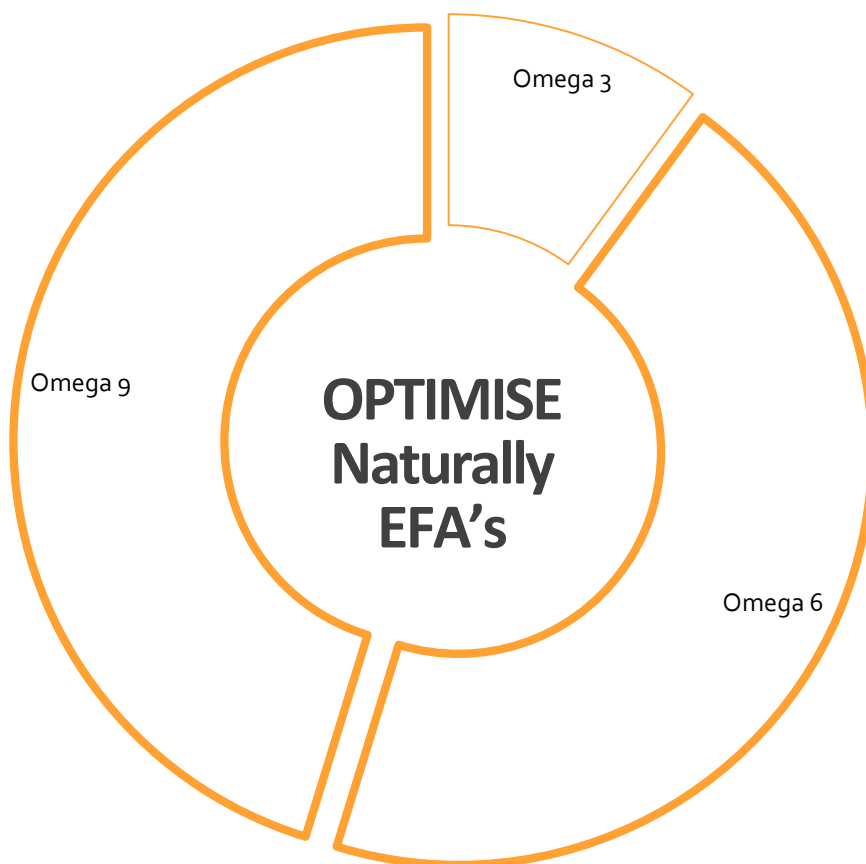
Category Indicator Chart

The above chart provides you with an overview of the Minerals indicators, which are specific to you. If this category is marked with a (Priority, Advisory or consider) then these are items which you might wish to address through your dietary and nutritional regime.

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ESSENTIAL FATTY ACIDS INDICATORS

Consider - Increased Intake



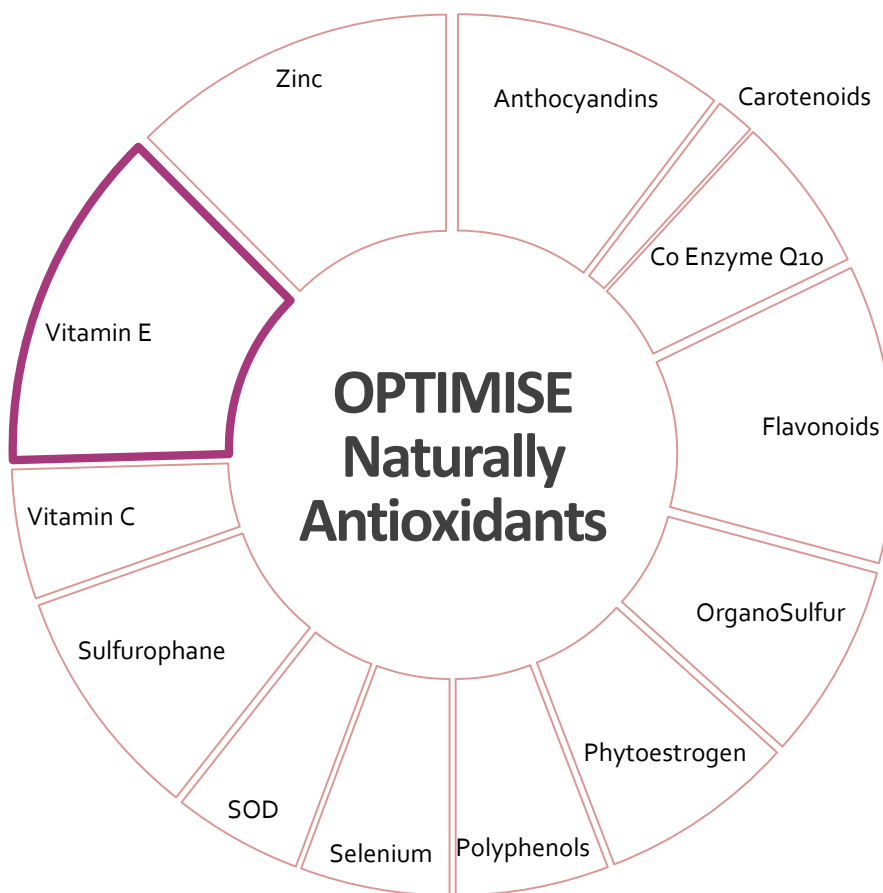
Category Indicator Chart

The above chart provides you with an overview of the EFAs indicators, which are specific to you. If this category is marked with a (Priority, Advisory or consider) then these are items which you might wish to address through your dietary and nutritional regime.

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ANTIOXIDANTS INDICATORS

Consider - Increased Intake



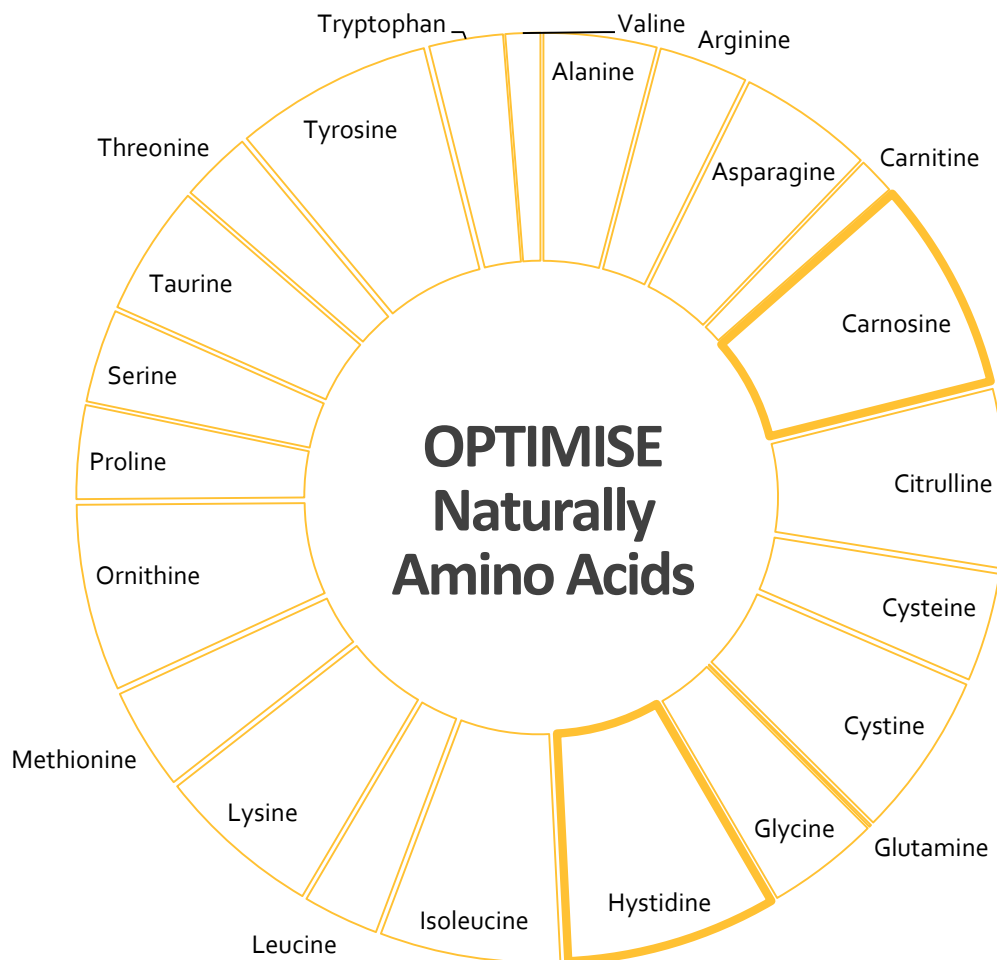
Category Indicator Chart

The above chart provides you with an overview of the Antioxidants indicators, which are specific to you. If this category is marked with a (Priority, Advisory or consider) then these are items which you might wish to address through your dietary and nutritional regime.

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AMINO ACIDS INDICATORS

Consider - Increased Intake



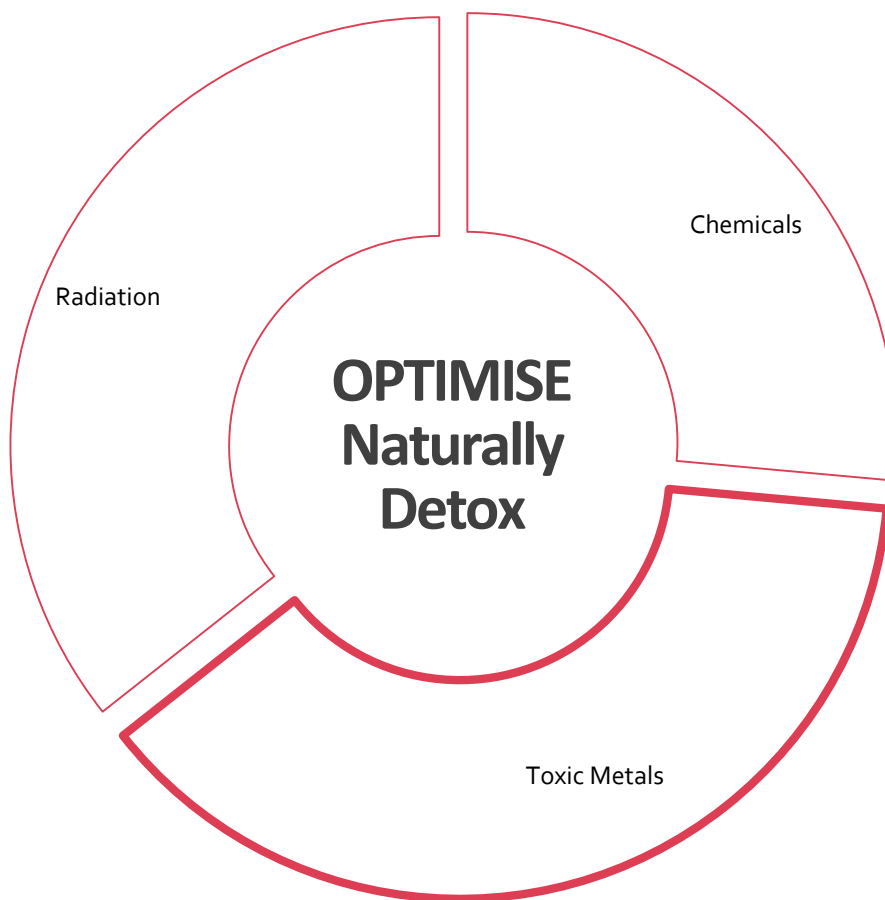
Category Indicator Chart

The above chart provides you with an overview of the Amino Acids indicators, which are specific to you. If this category is marked with a (Priority, Advisory or consider) then these are items which you might wish to address through your dietary and nutritional regime.

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TOXINS INDICATORS

Consider - Reduce Load



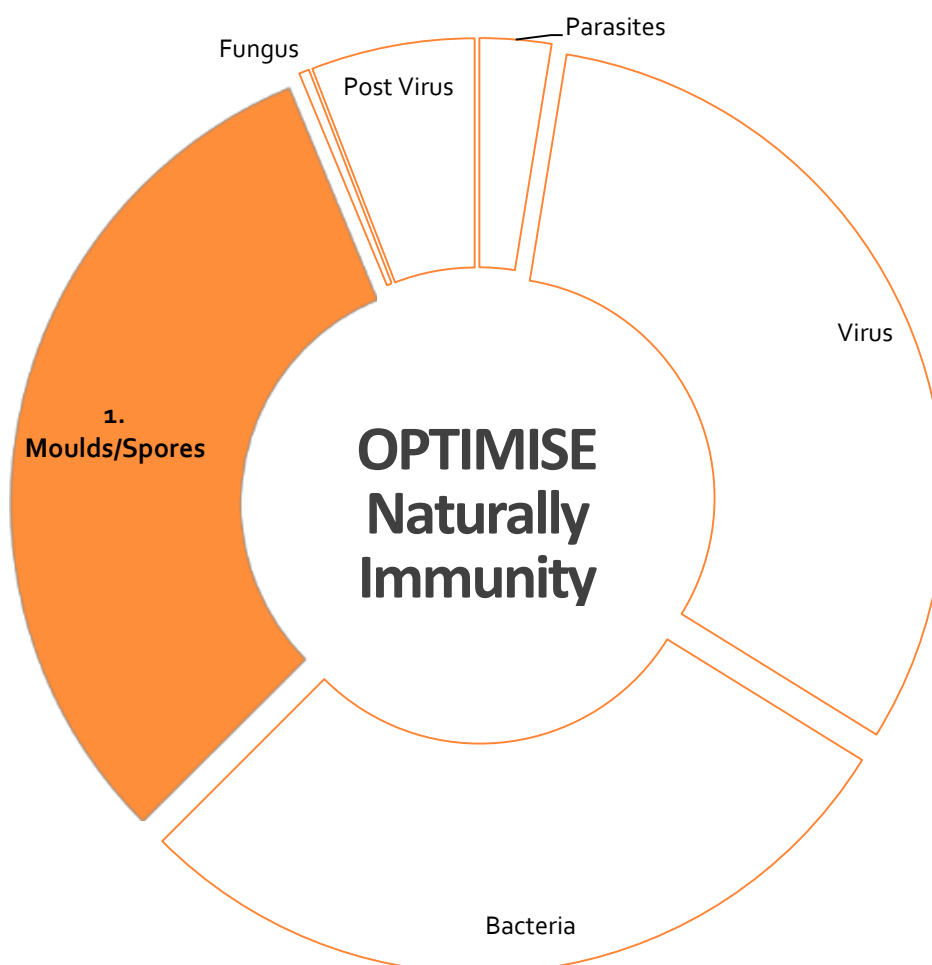
Category Indicator Chart

The above chart provides you with an overview of the Toxins indicators, which are specific to you. If this category is marked with a (Priority, Advisory or consider) then these are items which you might wish to address through your dietary and nutritional regime.

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MICROBIOLOGY INDICATORS

Priority - Reduce Load



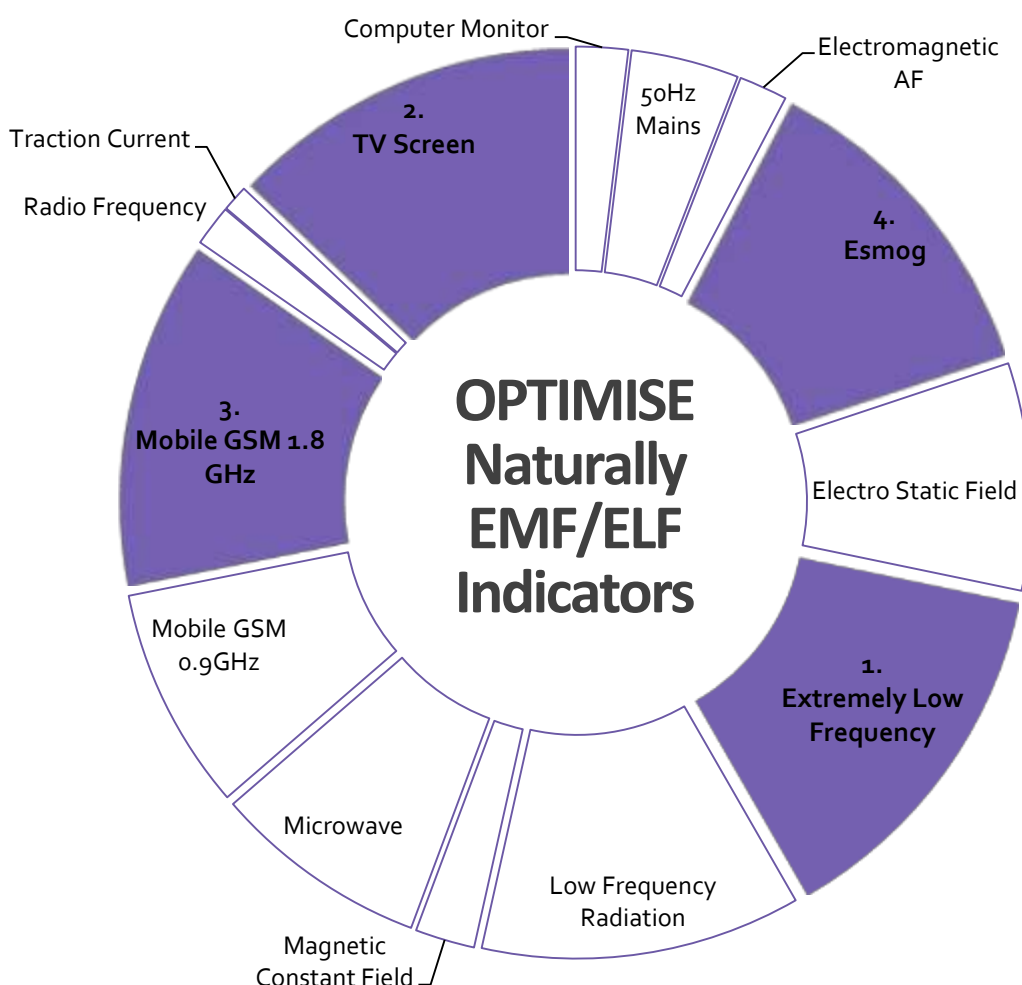
Category Indicator Chart

The above chart provides you with an overview of the Microbiology indicators, which are specific to you. If this category is marked with a (Priority, Advisory or consider) then these are items which you might wish to address through your nutritional regime.

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EMFS & ELFS INDICATORS

Priority - Reduce Exposure



Category Indicator Chart

The above chart provides you with an overview of the EMF and ELF indicators, which are specific to you. If this category is marked with a (Priority, Advisory or consider) then these are items which you might wish to address through your dietary, nutritional regime and exposure times.

An indication in the overview chart of any underlying issues and/or the matching of any symptoms on this page are not a physical diagnosis of deficiency or associated illness. Always seek professional health advice when making nutritional and dietary changes.

90 DAY FOOD AVOIDANCE

WARNING – THIS IS NOT A FOOD ALLERGY TEST.
The foods listed here should be avoided for the next 90-days only. ALL KNOWN ALLERGIES must continue to be avoided at all times.

Priority - Avoidance Recommended

Food Indicators				
DAIRY	Banana	Purple Grapes	Lamb	Cauliflower
Cheese	Bilberry	Purple Plum	Pork	Celery
Cows Milk	Black Cherry	Raspberry	Turkey	Courgette
Goats Milk	Black Grapes	Red Cherry	Venison	Cucumber
Sheep Milk	Blackberry	Redcurrant	NUTS/SEEDS	Garlic
Unpasteurised Cheese	Blackcurrant	Rhubarb	Almond	Globe Artichoke
Eggs	Blueberry	Strawberry	Brazil Nuts	Green Beans
DRINKS	Citrus Fruits	Tropical Fruits	Cashew	Green Pepper
Chocolate	Elderberry	Watermelon	Coconut	Kidney Beans
Coffee	Gooseberry	Yellow Plum	Hazelnut	Leek
Tea	Grapefruit	GRAINS	Lentils	Lettuce
Alcohol	Green Grapes	Barley	Peanuts	Mushroom
FISH	Greengage	Buckwheat	Pistachios	Olives
Cod	Kiwi	Corn	Safflower	Onion
Herring	Lemon	Millet	Sesame	Orange Pepper
Plaice	Loganberry	Oats	Soy	Parsnip
Prawn	Mango	Rice	Sunflower	Peas
Salmon	Mulberry	Rye	Walnut	Potatoes
Sole	Orange	Spelt	VEGETABLES	Red Pepper
Trout	Orange Melon	Wheat	Alfalfa	Spinach
Tuna	Pale Melon	MEATS	Aubergines	Sprouts
FRUIT	Paw Paw	Beef	Beetroot	Tobacco
Apple	Peach	Chicken	Broccoli	Tomatoes
Apricot	Pear	Duck	Cabbage	Yellow Pepper
Avocado	Pineapple	Goose	Carrot	

The food indicators list is from the bio-field intensity measurement and NOT a physical intolerance or allergy. Please continue to avoid foods that you know physically affect you. Please avoid these foods in RED for a 90 day period.

Any indication in this report of an underlying food sensitivity does not relate to physical food Allergies. For allergy advice seek a medical professional. **If you know you are ALLERGIC to foods, you must always avoid them.** Please refer to Food Sensitivity page.

90 DAY FOOD ADDITIVE AVOIDANCE

Food Additives Indicators

E 100 Curcumin	E 407 a Eucheuma algae, treated
E 104 Quinoline yellow	E 140 Chlorophylls and chlorophyllins
E 154 Brown FK	E 171 Titanium dioxide
E 200 Sorbic acid	E 219 Sodium methyl-para-hydroxybenzoate
E 402 Potassium alginate, Alginate	E 1200 Polydextrose

The above list provides you with an overview of the food additives avoidance indicators for the client named in this report. It is recommended that the foods additives listed are avoided for the foreseeable future (minimum 90-day period).

YOUR PERSONAL OPTIMISE NATURALLY 90 DAY PLAN

Step 1

START Day 1

The first and easiest step to optimising is to avoid foods which might be causing stress to your body's digestive or immune system. Dealing with food sensitivities can drain the body's energy resources and stop the absorption of nutrients which are crucial to enzyme and metabolic function. See the table below for foods that you should avoid for a minimum of 90-days.

Loganberry	Lentils	Coffee	Elderberry	Globe Artichoke
Apricot	Parsnip	Sunflower	Sheep Milk	Peach

Step 2

START Day 1

The second step of optimisation is to avoid toxins, EMFs/ELFs and food additives, which could be compromising your enzyme function through key nutrient depletion and contributing to poor cellular expression and metabolic function. Use the links below to download documents which will indicate common sources of these so that you can easily avoid them.

[EMF/ELF Information](#)
[Food Additives Information](#)

Step 3

START Day 1

Step 3 of the optimising process is to ensure that you are absorbing enough nutrients from the foods you are eating to fully support all of the enzymes processes in the body. A high quality digestive enzyme can support the breakdown of foods in the stomach so that nutrients can be readily released for the body to process and use. A natural multi-strain probiotic will further assist with the breakdown and absorption of nutrients from the food you eat and ensure that the body's daily nutritional needs are supported.

Step 4

START Day 1

The next step for optimisation is to ensure that the quality of your drinking water will support your body's need for hydration, waste removal and cellular communication. Water containing high levels of toxins (typical tap water) cannot be readily used by the body for its key functions. Ensure that you have a regular source of good quality drinking water and drink 1.5-2 litres daily.

Step 5

START Day 30

The next step for optimisation is to increase your dietary intake of the foods which will help address the priority and advisory nutritional indicators highlighted in your report. This will help you to meet your body's nutritional needs and all around enzyme and metabolic function. See table Step 5 on page 15 for foods recommended for you. **Cross reference these foods to those you should avoid listed on page 12 and also continue to AVOID any to which you know or suspect you might be allergic.**

Step 6

START Day 60

The final step of the optimising naturally plan is to help your body to get rid of the Toxic, Microbiological and EMF/ELF factors which are contributing to poor cellular expression and metabolic function. See the table on page 15 for the specific foods and recommendations suggested for you.

OPTIMISE NATURALLY 90 DAY FOOD PLAN

Please ensure that you cross reference the foods listed here with those you should avoid on page 12 and continue to AVOID any foods to which you know or suspect you are allergic.

Optimise Indicator (STEP 5 - Nutrition)	Suggested Food Sources Day 30-90 (introduce as many foods as you can, at least 2 for each indicator)
Lithium	Grains, sugar cane, seaweed, potatoes, lemons, eggs, mixed vegetables
Copper	Whole grains, almonds, green leafy vegetables, oysters, crab, sunflower seeds, pine nuts, olives, hazelnuts
Sulfur	Onion, garlic, eggs, apple, strawberries, dates, figs, banana, brazil nuts, mustard
Chromium	Brewer's yeast, brown rice, cheese, whole grains, dried beans, blackstrap molasses, beef, chicken, corn, eggs, mushrooms, potatoes, parsnip, capsicum, molasses
Vitamin E	Wheat germ, peanuts, bananas, blackberries, tomatoes, kelp, green leafy vegetables
Carnosine	Beef, poultry, fish
Histidine	Peanuts, beef, turkey, chicken, bananas, broccoli, cauliflower, corn
Omega 9	Salmon, mackerel, sardines, herring, trout, flax seed, walnut, pumpkin seeds, hemp seeds, soy bean
Omega 6	Salmon, mackerel, sardines, herring, trout, flax seed, walnut, pumpkin seeds, hemp seeds, soy bean
Vit B6	Avocados, bananas, fortified cereals, walnuts, peanuts, pecans, cashews, chestnuts, hazelnuts, lentils, potatoes, salmon, shrimp, beef, potato, spinach, broccoli, soybeans, sunflower seeds, tuna, brewer's yeast, green peas, wheat germ
Optimise Indicator (STEP 6 - Toxins and Microbiology)	Suggested Food Sources Day 60-90 (introduce as many foods as you can, at least 2 for each indicator)
Toxic Metals	Pectin foods – (apples, bananas, grapes, carrots, cabbage - all organic), Cilantro, wheatgrass, barley grass, chlorella, garlic, avocado, nuts and seeds, probiotic wholefoods

Optimise Indicator (STEP 6 – EMF/ELF)	Suggested Food/Supplement Sources	Information
EMF/ELF (Calcium Day 1-90)	Salmon, sardines, dark green leafy vegetables, almonds, asparagus, blackstrap molasses, brewer's yeast, broccoli, cabbage, carob, kale, mustard greens, figs, soybeans, tofu, watercress, chickweed, chicory, flaxseed, kelp, parsley, sesame, poppy seed	High calcium containing foods can protect against the effects of calcium depletion due to EMF/ELF exposure
EMF/ELF (Water Day 1-90)	Good quality drinking water for cell optimisation. (Avoid tap water, bottled water or water of an unknown source)	Helps to reduce the effects of EMF/ELF in the intra-cellular fluid, which helps to promote good cellular communication.
EMF/ELF (Essential Fatty Acids Day 1-90)	Salmon, mackerel, sardines, herring, trout, flax seed, walnut, pumpkin seeds, hemp seeds, soy bean	Strengthens the cell membranes against the effects of EMF/ELF

If you find adding the suggested foods to your diet difficult, then you can choose to increase your intake with nutritional supplements. Supplementation is not a replacement for eating a balanced and healthy diet but can be a way of helping to increase your intake of specific nutrients or nutrient groups. When taking supplements for toxin and microbiological support you should seek the advice of a qualified health professional.

SELF-CHECK PROGRESS

The process of optimising varies for everyone and it's important to keep a track of the changes over time. Once a more optimised you becomes the norm it's sometimes difficult to remember how things used to be. Keeping a record of your journey helps you to quantify the changes and motivates you to keep them. **Be sure to schedule in the 4 dates that you are going to complete the questionnaires at the start and ensure you give yourself enough time to complete this thoughtfully.**

DAY 1

DATE

SYMPTOM	SCALE	1	2	3	4	5	6	7	8	9	10	SCORE
TIRED	Extremely											Never
TEMPERAMENT	Racy											Calm
A LITTLE SNAPPY	Very Bad Tempered											Placid
A LITTLE EMOTIONAL	Highly											Balanced
FOOD DOESN'T DIGEST	Uncomfortable											No Problem
SHORT TERM MEMORY	Forget Easily											Great Memory
SUGAR CRAVINGS	Love Sweets											Don't Need Sugar
LIBIDO	Very Low											High
COLD HANDS OR FEET	Very Cold											Normal
FEELING OF HOPELESSNESS	Depressed											Life is Good
MIGRAINES	Extreme											No Headaches
THRUSH	Frequently											Never
BOWEL MOVEMENTS	Irregular											Frequent/Normal
CONSTIPATION	10 Days Apart											Every Day
APPETITE	Always Snacking											Never Hungry
ACNE	Extreme											Nil
VOICE	Very Deep											Soft
HIGHLY STRUNG	Volatile											Calm
IRRITABLE BOWEL SYNDROME	Bad											No
SLEEP PATTERNS	Poor											Very Good
NUMBER OF HOURS OF SLEEP	10 or More											5—8
RESTLESS LEGS	Often											Never
LOWER BACK PAIN	Extreme											Never
WIND / BLOATING	Often											Never

TOTAL

SELF-CHECK PROGRESS

The process of optimising varies for everyone and it's important to keep a track of the changes over time. Once a more optimised you becomes the norm it's sometimes difficult to remember how things used to be. Keeping a record of your journey helps you to quantify the changes and motivates you to keep them. **Be sure to schedule in the 4 dates that you are going to complete the questionnaire at the start and ensure you give yourself enough time to complete this thoughtfully.**

DAY 30

DATE

SYMPTOM	SCALE	1	2	3	4	5	6	7	8	9	10	SCORE
TIRED	Extremely											Never
TEMPERAMENT	Racy											Calm
A LITTLE SNAPPY	Very Bad Tempered											Placid
A LITTLE EMOTIONAL	Highly											Balanced
FOOD DOESN'T DIGEST	Uncomfortable											No Problem
SHORT TERM MEMORY	Forget Easily											Great Memory
SUGAR CRAVINGS	Love Sweets											Don't Need Sugar
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FEELING OF HOPELESSNESS	Depressed											Life is Good
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THRUSH	Frequently											Never
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APPETITE	Always Snacking											Never Hungry
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HIGHLY STRUNG	Volatile											Calm
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NUMBER OF HOURS OF SLEEP	10 or More											5—8
RESTLESS LEGS	Often											Never
LOWER BACK PAIN	Extreme											Never
WIND / BLOATING	Often											Never

TOTAL

SELF-CHECK PROGRESS

The process of optimising varies for everyone and it's important to keep a track of the changes over time. Once a more optimised you becomes the norm it's sometimes difficult to remember how things used to be. Keeping a record of your journey helps you to quantify the changes and motivates you to keep them. **Now is the time to book yourself for a re-scan, which should be as close as possible to the end of the 90-days and after you have completed the final self-check.**

DAY 60

DATE

SYMPTOM	SCALE	1	2	3	4	5	6	7	8	9	10	SCORE
TIRED	Extremely											Never
TEMPERAMENT	Racy											Calm
A LITTLE SNAPPY	Very Bad Tempered											Placid
A LITTLE EMOTIONAL	Highly											Balanced
FOOD DOESN'T DIGEST	Uncomfortable											No Problem
SHORT TERM MEMORY	Forget Easily											Great Memory
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SLEEP PATTERNS	Poor											Very Good
NUMBER OF HOURS OF SLEEP	10 or More											5—8
RESTLESS LEGS	Often											Never
LOWER BACK PAIN	Extreme											Never
WIND / BLOATING	Often											Never

TOTAL

SELF-CHECK PROGRESS

Compare your self-check questionnaires from day 1 to day 90 to get a feel for some of the tangible changes that optimisation has brought about already. Changes can vary but should generally be on an upward trend. If they are then you can see for yourself that the process of optimising is boosting your enzymes function; helping your genes to produce better cells; promoting an adaptable nervous system and overall improving your metabolic function. **Now get your re-scan and keep up the good work and continue to Optimise.**

DAY 90

DATE

SYMPTOM	SCALE	1	2	3	4	5	6	7	8	9	10	SCORE
TIRED	Extremely											Never
TEMPERAMENT	Racy											Calm
A LITTLE SNAPPY	Very Bad Tempered											Placid
A LITTLE EMOTIONAL	Highly											Balanced
FOOD DOESN'T DIGEST	Uncomfortable											No Problem
SHORT TERM MEMORY	Forget Easily											Great Memory
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RESTLESS LEGS	Often											Never
LOWER BACK PAIN	Extreme											Never
WIND / BLOATING	Often											Never

TOTAL

OPTIMISED NUTRITION is the key to WELLNESS

WHAT NUTRITION DOES FOR YOUR BODY ...

Powers all the processes in your body

Boosts your immune system

Helps you achieve better sleep

Cleanses your body of toxins

Assists you to maintain a healthy weight

Promotes good sexual health

Improves your performance

Can help you live to a healthy age

Optimizes your wellness

What could be stopping you from getting OPTIMISED NUTRITION?

Nutrient Intake

Many soils are depleted of key nutrients and those that do exist are much lower than a generation ago. Even a healthy diet may not provide you with enough nutrients.

Processed Foods

These foods have a very low nutritional value—known as empty calories/carbs they actually create a deficit of key nutrients for the body.

Convenience

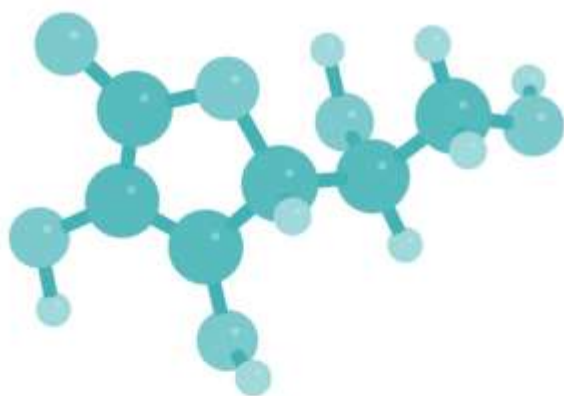
We like convenience in foods but it comes at a cost—the convenient options often have very low nutritional value.

Lifestyles

Lifestyles of high stress deplete the body of many nutrients and when combined with other factors leave many people malnourished of micro-nutrients.

VITAMINS

ABOUT VITAMINS



Vitamin C molecular model



Many vegetables, including peppers, are a good source of vitamins.

**Avoid foods pictured or listed below if you are allergic to them.*

Vitamins are organic compounds which are needed to sustain life. You get vitamins from food, because the human body either does not produce enough of them, or none at all. An organic compound contains carbon. When an organism (living thing) cannot produce enough of an organic chemical compound that it needs in tiny amounts, and has to get it from food, it is called a vitamin. Vitamins play a vital role in the enzymatic processes of your body and a shortage of them in your diet can cause a host of health related problems.

WHY Vitamins are vital to OUR WELLBEING

It is believed modern day living creates many deficiencies in our diets. One of these can be our daily vitamin intake—this can be reflected in the following: eye disorders, poor sight, acne, eczema, psoriasis, hot flushes, shingles, vitiligo, excessive skin wrinkles, poor hair quality, hair loss, poor tongue health, mouth ulcers, gum disease and many more. It is therefore

worth considering a course of vitamin supplements.

Too many vitamins would be very rare, but might result in:

- Concentrated urine
- Shortness of breath
- Water retention
- Circulatory issues

**There may be other symptoms/conditions.*

Vitamin RICH FOODS

- | | |
|--------------------|-------------|
| • Dairy | • Peppers |
| • Seeds and Nuts | • Chicken |
| • Pulses | • Turkey |
| • Green Vegetables | • Fish |
| • Grains | • Soy Beans |
| | • Eggs |
| | • Apricots |

**There are many other foods but these are some of the common examples.*

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MINERALS

ABOUT MINERALS



Magnesium molecular model



All nut varieties are a good source of minerals

Minerals are important for your body to stay healthy. Your body uses minerals for many different jobs, including building bones, making hormones and regulating your heartbeat.

There are two kinds of minerals: macro-minerals and trace minerals.

Macro-minerals are minerals your body needs in larger amounts. They include calcium, phosphorus, magnesium, sodium, potassium, chloride and sulphur. Your body needs just small amounts of trace minerals. These include iron, manganese, copper, iodine, zinc, cobalt and selenium. The best way to get the minerals your body needs is by eating a wide variety of foods. However, even when eating a varied diet you often do not receive all of the required minerals and in the quantities the body needs. A broad spectrum mineral supplement should be considered.

WHY Minerals are vital to OUR WELLBEING

A deficiency of Minerals in our body may cause:

Cramps, joint pain, palpitations, eczema, insomnia, irritability, anxiety, fatigue, depression, osteoporosis, hair loss, weak immune, hyperactivity, headaches, hypertension and many more.

**There are other symptoms/conditions but these are some common ones.*

Too many minerals in the body may cause:

- Constipation
- Kidney stones
- Abdominal pain
- Nausea
- Vomiting
- Low blood pressure

Mineral RICH FOODS

- Green Leafy Vegetables
- Nuts (all)
- Whole Grains
- Fish
- Shellfish
- Broccoli
- Cabbage
- Kale
- Brown Rice
- Eggs
- Mushrooms
- Seaweed
- Lentils
- Beans
- Tomatoes

**There are many other foods but these are some of the common examples.*

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ESSENTIAL FATTY ACIDS

ABOUT ESSENTIAL FATTY ACIDS



Omega 3 molecular model



Many fish varieties, including salmon, are a good source of EFAs

Essential fatty acids, as they sound, are fats that are necessary within the human body. Though you have probably often heard the word 'fats' and associated it with bad health, there are some essential fatty acids that are necessary for your survival.

Without them, you could cause serious damage to different systems within the body. However, essential fatty acids are also not usually produced naturally within the body. This means that you have to obtain essential fatty acids by adding them to your diet.

WHY Essential Fatty Acids are vital to OUR WELLBEING

A deficiency of EFAs in our body may cause:

- Scaly dry skin
- Re-current infections
- Poor wound healing
- Poor mental alertness
- Allergies
- Hyperactivity
- Possible links to: cardiovascular disease, stroke, arthritis, depression, alzheimer's, obesity

Very few toxicity symptoms noted, but very high doses could lead to mercury exposure due to toxic accumulations in the marine food chain.

**There are other symptoms/conditions but these are some common ones.*

EFA RICH FOODS

Non-Vegetarian

- Sardines
- Salmon
- Shrimp
- Mackerel
- Herring
- Trout

Vegetarian

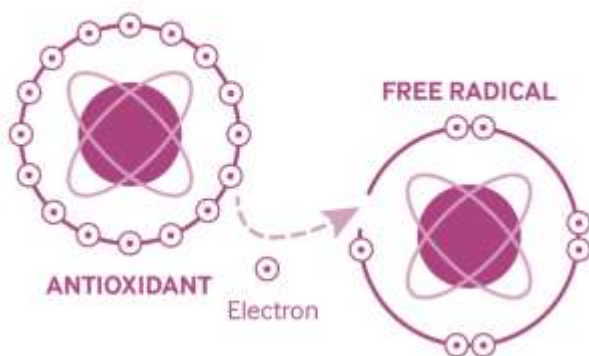
- Flaxseed
- Walnuts
- Soy Bean
- Tofu
- Hemp Seed

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ANTIOXIDANTS

ABOUT ANTIOXIDANTS



Antioxidant neutralizing a free radical



Many berry varieties, including blueberries, are a good source of antioxidants

Antioxidants are substances that may protect cells in your body from free radical damage that can occur from exposure to certain chemicals, smoking, pollution, radiation and as a by-product of normal metabolism. Dietary antioxidants include selenium, vitamin A and related carotenoids, vitamins C and E, plus various phytochemicals such as lycopene, lutein, and quercetin.

You can find these antioxidants in many different foods. There are large amounts of antioxidants in fruits, vegetables, nuts, and whole grains and smaller amounts of antioxidants in meats, poultry and fish.

WHY Antioxidants are vital to OUR WELLBEING

A deficiency of Antioxidants in our body may cause:

- Anaemia
- Poor balance
- Muscle weakness
- Sight problems
- Inflammation (joint)
- Possible links to: cardiovascular disease, diabetes, hypertension, macular degeneration, mental illness, infertility and others.

Vitamins C and E can be toxic at high doses, causing diarrhoea, nausea and cramping/wind.

Food intake of antioxidants presents very low risk.

**There are other symptoms/conditions but these are some common ones.*

Antioxidant RICH FOODS

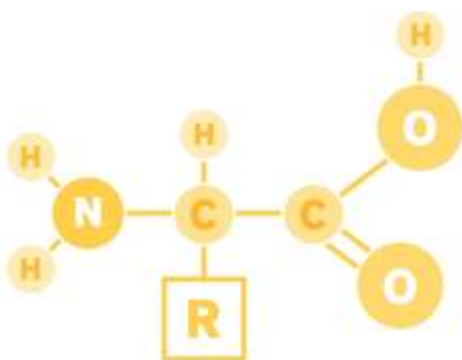
- | | |
|------------------|------------|
| • Peppers | • Broccoli |
| • Blueberries | • Cabbage |
| • Cranberries | • Apricots |
| • Tomatoes | • Salmon |
| • Nuts and Seeds | • Sardines |
| • Spinach | • Onion |
| | • Garlic |

**There are many other foods but these are some of the common examples.*

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AMINO ACIDS

ABOUT AMINO ACIDS



Protein is needed by every living organism, and next to water, makes up the largest portion of our body weight since it is contained in muscles, organs, hair, etc. The protein used in making up the body is not directly derived from diet, but the dietary protein is broken down into amino acids, and the body then re-constitute these amino acids into the specific proteins needed.

Enzymes and hormones regulating body functions are also proteins. Amino acids are used in most body processes from regulating the way the body works to how the brain functions—they activate and utilize vitamins and other nutrients.

WHY Amino Acids are vital to OUR WELLBEING

A deficiency of Amino Acids in our body may cause:

- Decreased muscle tone and weakness
- Chronic Fatigue Syndrome (tiredness)
- Chemical sensitivity and food intolerances
- Depression and anxiety
- Hair loss and low weight
- Thyroid malfunction

There are very few instances of amino acid toxicity but in some cases of high doses, vomiting, nausea and diarrhoea were reported.

**There are other symptoms/conditions but these are some common ones.*

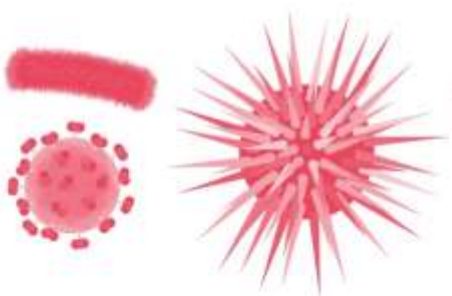
Amino Acid RICH FOODS

- | | |
|--------------------|-------------|
| • Meat | • Nuts |
| • Dairy | • Spirulina |
| • Seeds | • Poultry |
| • Pulses | • Seafood |
| • Green Vegetables | • Onion |
| • Grains | • Garlic |
| | • Peppers |

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TOXINS

ABOUT TOXINS



Magnesium molecular model



Our environment has changed dramatically since the industrial revolution and one of the biggest changes has come about in the area of toxins. There are 3 main toxic groups, the chemicals, toxic metals and radiation. Within these groups there are literally hundreds of thousands of toxins which did not exist before man made them.

Many of these are, as the name says, highly toxic to your body which was not designed to deal with these man made molecules. There is no doubt that these can contribute to a host of health problems.

EXPELLING TOXINS from your body

The body does not naturally deal with toxins very well and can deposit them in the different tissues to avoid them doing damage to cells and organs. Avoid toxins as much as possible and regularly detox to keep the body free of these insidious molecules.

Many practitioners believe the presence of toxins reduces the bodies ability to absorb nutrients.

It is therefore worth considering a de-toxing program before commencing nutritional supplements.

There are many symptoms which may indicate toxic poisoning: Constipation, halitosis, strong smell aversion, weight gain, brain fog, anxiety.

*There are other symptoms/conditions but these are some common ones.

Try to reduce use or exposure to:

- Fragrances (man made)
- Personal care products
- Cosmetics
- Household products
- Paints
- Fragrances (man made)
- Personal care products
- Cosmetics
- Household products
- Paints

*There are many other examples but these are some of the common ones.

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MICROBIOLOGY

ABOUT MICROBIOLOGY



Influenza virus molecular model



These are all of the tiny organisms (bacteria, fungus, parasites and viruses) which live on or in the body. In many cases the body has a symbiotic existence with these microbes or at least tolerates them but in other cases and particularly when out of control they can cause a host of health problems.

In many cases these microbes cloak themselves to go about their business and in others they simply multiply and take over. It's the job of your immune system to keep the balance of power in your favour and maintaining a strong immune function is the key to dealing with unwanted guests.

Keeping our IMMUNE SYSTEM healthy

Immune function is your main defence from microbiological attack. It is made up of many facets and cells designed to protect the body wherever it is being targeted. ***You can help to maintain your immune system with some of the following actions:***

Exercise, healthy eating, avoid smoking/alcohol, avoid stress, follow immune boosting protocols.

There are too many symptoms of microbe attack to mention. However, if you feel constantly tired your immune might not be functioning at its full capacity.

**There are other symptoms/conditions of microbe attacks.*

Common MICROBES

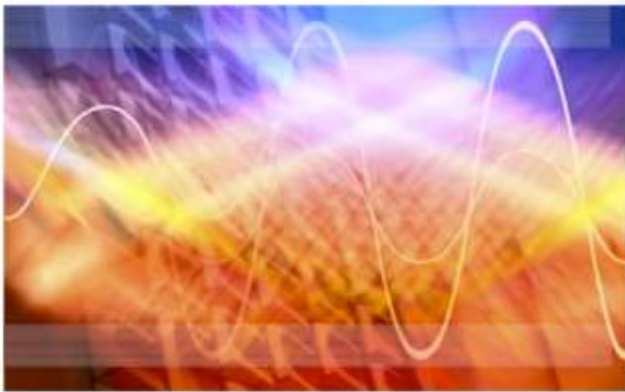
- Fungus – Athletes foot
- Virus – Chickenpox
- Virus – Common cold
- Parasites – Diarrhoea
- Parasites – Malaria
- Bacteria – Meningitis
- Bacteria – Pneumonia
- Virus – Herpes
- Fungus – Skin disease

**There are many other examples but these are some of the common ones.*

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EMFS & ELFS

ABOUT ELECTROMAGNETIC FREQUENCIES & EXTREMELY LOW FREQUENCIES



Modern day electrical supply and technologies are largely powered by or utilize frequencies at the very low spectrum range. These are considered non-ionizing forms of EM radiation in the 50Hz to 1GHz range. There are many forms of natural EM radiation like visible light or ultra violet, even the body and its cells have a very weak EM field. Modern forms of EM radiation appear not to be very compatible with the body's own EM fields and this is starting to create knock on health concerns.

Reduce exposure to EMFs & ELFs

Some countries now recognise the condition Electrohypersensitivity (EHS). Skin rashes, swollen glands, burning sensation, brain fog, palpitations, headaches, nausea and even flu like symptoms.

*There are other symptoms/conditions but these are some common ones.

If you feel like you may suffer from EHS or would just like to reduce your daily exposure then avoidance is key. Switch off Wi-Fi when not used (especially at night), use hands free function on all phones, avoid microwave foods, avoid sleeping next to electrical supply. Minimise electrical usage. EMF appears to deplete calcium so supplementation could be advisable.

Try to reduce use of:

- Mobile Phones
- Wi-Fi
- Power lines
- Household Electrics
- Electrical devices
- MRI
- Microwave
- Navigation systems
- TV and computer monitors
- DECT Phones

*There are many other sources but these are some of the common examples.

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FOOD AVOIDANCE

WARNING – THIS IS NOT A FOOD ALLERGY TEST.
The foods listed here should be avoided for the next 90-days only. ALL KNOWN ALLERGIES must continue to be avoided at all times.

ABOUT FOOD SENSITIVITIES

Food allergy can be a serious medical condition and does affecting up to 15 million people in the United States alone. Children are affected with up to 1 in 13 showing symptoms. You will probably already know your own intolerances, however these underlie indicators may assist you in your quest for improved knowledge.

Brushing up on the facts, learning all you can about your food is often the key to staying safe and living well. After all we are what we eat – better still we are what we absorb!

IMMUNE SYSTEM & LEAKY GUT

The job of the body's immune system is to identify and destroy germs (such as bacteria or viruses) that make you sick. A food allergy results when the immune system mistakenly targets a harmless food protein – an allergen – as a threat and attacks it. This can happen on several levels from allergies, which can be fatal to sensitivities which often go unnoticed until the food is avoided.

Common food SENSITIVITIES & SYMPTOMS

Eggs
Banana
Dairy
Wheat (Gluten)
Corn
Seafood
Citrus Fruits
Onions/Garlic
Peppers

Allergic reactions (rash, breathing difficulty, headaches)
Wind and bloating
Stomach Cramps
Nausea
Diarrhoea/Constipation
Joint pain
Tiredness after meals

*There are many other foods but these are some common examples.

*There are other symptoms/conditions but these are some common ones.

PLEASE NOTE: Any indication in this report of an underlying food sensitivity does not relate to physical food allergies. For allergy advice seek a medical professional. If you know you are ALLERGIC to foods, you must always avoid these.

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IT'S TIME TO STOP JUST SURVIVING ... & START OPTIMISING!



**Thank you for investing your time and money to
get your 'Optimise 90 Day Plan'.**

**Time is more valuable than money. You can get
more money but you can't get more time and as
they say, 'At the end of the day prevention is far
better than cure.'**

It's your body, so why not let it do the talking.

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